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ABSTRACT

In an effort to address young children's substantial risk for exposure to lead in out-of-home child care programs, outreach and training were developed for child care providers. This workshop curriculum consists of training activities and materials appropriate for child care providers in centers or homes for the purpose of educating them about the dangers of childhood lead poisoning. The 90-minute training session offers: (1) understanding of the problem of lead poisoning; (2) simple routines to reduce the possibility of lead exposure in children's environments; and (3) information to share with families and tips for encouraging them to have their children tested for lead poisoning. Following introductory materials and background information, the workshop curriculum is presented in 10 parts: (1) why lead poisoning is an issue; (2) child care activities to promote health and reduce exposure to lead; (3) painting, repairing or remodeling your child care environment; (4) nutrition and childhood lead poisoning prevention; (5) how to talk to parents; (6) promoting handwashing; (7) hazard hunt activity; (8) promoting lead screening and testing; (9) question and answer session; and (10) workshop evaluation and awarding of certificates. Curriculum masters for photocopying are provided at the end of the packet for each part of the curriculum. (SD)

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ED 462 179

Training Curriculum

CHILD CARE LEAD POISONING PREVENTION

PS 030126

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TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

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Summer 1996

Dear Child Care Health and Safety Trainer:

As you may know, lead poisoning is the most common environmental disease affecting young children. Many of these young children spend considerable time in out-of-home child care programs. The Child Care Lead Poisoning Prevention Project has been undertaken to address this threat to our children's health as a joint effort of the Childhood Lead Poisoning Prevention Branch (CLPPB) of the California Department of Health Services and the California Child Care Health Program.

The enclosed curriculum was developed to assist trainers in raising child care provider awareness of lead issues. Providers are in an excellent position to identify environmental sources of lead and to reduce exposure in their facilities. They also can offer playtime and nutritional activities that promote healthy habits in children and can educate families about issues related to childhood lead poisoning. The training can satisfy part of the mandated fifteen hours of Child Care Health and Safety Training (Health & Safety Code, Section 1596.865). Childhood Lead Poisoning Prevention should be included in all trainings as part of the injury prevention curriculum.

The enclosed Child Care Lead Poisoning Prevention Training Curriculum for child care providers is to be presented as a 90 minute to two hour workshop, or to be incorporated in current child care health and safety trainings to assure that providers understand that lead poisoning prevention is important and that they ***can*** *"Make a Difference."*

This curriculum packet contains almost everything you will need (with some photocopying on your part) to present the curriculum and evaluate your session. The full curriculum includes lecture/discussion materials, small and large group activities, training evaluation and certificates of completion.

If you feel you do not have two hours to devote to lead poisoning prevention, you will find suggestions on how to introduce the topic and curriculum in approximately 20 minutes. This is the minimum amount of time in which we feel the introduction can be made, handouts given, and referrals discussed. Please feel free to call the Child Care Healthline at 1 (800) 333-3212 with your questions on the content, for additional information on the issues, or with training questions.

Sincerely,

Marsha Sherman, *MA,MFCC*
Program Coordinator, California Child Care Health Program

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Child Care Health Consultant

Summer 1996

Dear Local Lead Poisoning Prevention Program:

As you know, many of the young children most at risk for exposure to lead may spend considerable amounts of time in out-of-home child care programs. The California Child Care Health Program (CCHP) has teamed up with the Department of Health Services, Childhood Lead Poisoning Prevention Branch (CLPPB) to create special outreach and training for child care providers. We are happy to provide you with one of the results of our collaboration: a curriculum to guide health educators in local health department lead poisoning prevention programs through the maze of child care issues and services in order to reach child care providers, and through them, families with young children.

In order to give you background information on the child care community, we have enclosed three documents:

- Who Are the Child Care Providers?
- The Child Care Landscape
- The Child Care Support Network

We know that many of you are already reaching out to your local child care provider community. Some of you may be considering such outreach. In any case, we hope the enclosed materials will be useful. Your role is an important one in supporting child care providers as they work to improve the health and safety of children in their care.

If you want to get the lead message to your child care community, begin by calling the local Child Care Resource and Referral agency (local listings are under "Child Care" in the phone book). We have enclosed a list of child care agencies with whom you might consider working (see "The Child Care Support Network" on pages 5-6). You may wish to call the Healthline at 1/800/333-3212, or the California Childhood Lead Poisoning Prevention Branch at 510/450-2424. We would be very pleased to work with you.

Please keep us informed of your activities with the child care community, your use of this curriculum and success or problems you experience.

Thank you.

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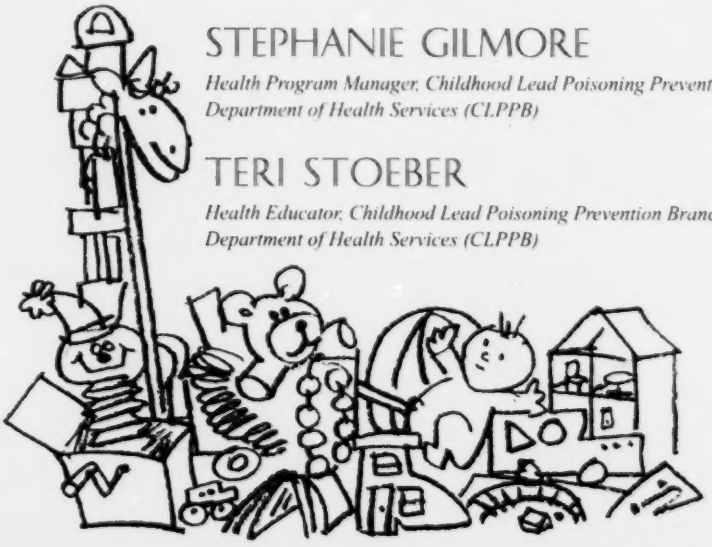

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WHO

ARE THE CHILD CARE PROVIDERS?

It is very difficult to describe the typical child care provider except to say that she or he enjoys watching children grow and has a strong sense of nurturing and genuine affection for children. The majority of providers are women who may work in their homes, in another's home, in centers or schools. Their work is not highly valued in our society and is usually poorly paid. Parents are most often the primary source of payment and for many parents today, child care expenses may be the third largest expense after rent and food.

Consequently, child care providers are often overworked and underpaid, conditions which lead to high turnover rates or to programs with poor resources. Child care providers have a wide variety of cultural and educational backgrounds. They may enter the field with advanced degrees and knowledge of child development or with knowledge based on experience and good sense. Many child care providers are involved in efforts to improve their professional status by taking classes and by working with their professional organizations or family child care associations; some are content to remain where they are professionally. However, when they were surveyed, over 90% stated they would welcome health and safety education.

The challenge as a health educator or child care health and safety trainer is to respect these individual differences and to draw on the rich experiences of the child care providers as you share your expertise.

FACTS

ABOUT CHILD CARE PROVIDERS IN CALIFORNIA

- Wages for the lowest paid teaching assistants, the fastest growing segment of the child care work force, average $8,890 per year.
- Wages for the highest paid teaching staff average $15,488 per year.
- Only 27% of centers provided fully paid health insurance for their teaching staff, and of these 32% did not cover assistant teachers.
- Between 1988 and 1992, 70% of the teaching staff interviewed in 1988 had left their jobs.

Source: National Child Care Staffing Study, 1992

- Of the 55,251 child care facilities licensed in 1995 by the State of California, Department of Social Services, 77% were Family Child Care Homes. Little is formally known about their working conditions.

Source: California Department of Social Services, 9/95

BARRIERS

TO LEARNING ABOUT CHILDHOOD LEAD POISONING PREVENTION

- Lack of resources for remediation
- Concern about too many issues, i.e. child abuse, aggressive behavior, family communication, etc.
- Financial issues
- Liability/Legal issues/Landlord issues
- Fear/Denial/Guilt
- Parent education barriers
- Access to education and information

LICENSED/REGULATED CHILD CARE

CHARACTERISTICS OF LICENSED CHILD CARE PROGRAMS:

15 hours of health and safety training is required for licensed caregivers
Minimum standards required and inspections are made to insure compliance
The licensing agency will accept complaints and investigate within 10 working days
There is a public record that can be reviewed
All adult caregivers have a tuberculosis and criminal records clearance
Parents have a right to inspect during business hours
Food subsidies and payment programs may be available
Programs can be easily located
Copies of regulations can be readily obtained from local Community Care Licensing Agency

PROGRAMS THAT ARE LICENSED UNDER STATE TITLE 22 REGULATIONS:

Family Child Care—Child care provided in the person's own residence primarily for infants and toddlers but serves all children, birth through school-age.

Small Family Child Care Home—licensed for no more than eight children
Large Group Home—licensed for 14 children and must have an assistant present when more than eight children are served.
May elect to care for mildly ill children.

Child Care Centers—Child care provided in a separate facility especially designed for the care of children. Regulations require adequate and safe indoor and outdoor space as well as educational requirements for directors, teachers and aides. Centers are licensed for capacity based on size and age range of children in care. Types of centers are:

Infant Centers: serve children from birth to 30 months
Pre-schools: serve children from two years old to 1st grade
School-aged: serve children enrolled in school
Sick Child Day Care: serve mildly ill children of all ages

PROGRAMS WITH ADDITIONAL STANDARDS

State Funded Centers—regulated by Title V regulations which meet a higher standard than Title 22 regulations.

Head Start Centers—meet Head Start performance standards which are higher than Title 22 regulations.

PROGRAMS LEGALLY EXEMPT FROM LICENSING, NON-REGULATED CHILD CARE, OR RELATIVE CARE

School-age programs operated by the school district

Public Recreation programs or drop-in programs for school-age children who are not receiving structured care or supervision

Family child care provided for the children of one family only

Share-care arrangements where parents arrange care in their own home

Nannies or babysitters in the parents' own home

Short term drop-in programs where parents are occupied on the same premises, for example: health spas, churches

THE CHILD CARE SUPPORT NETWORK

Working through the following agencies is an excellent way to reach child care providers. Here are some suggestions for getting your lead message out to and through these agencies: prepare newsletter articles for them to publish, put on workshops for their staff or boards, or work with them to include lead poisoning prevention messages in informational or training materials they already use, or in mailings they already do. We have provided a column for you to enter the local phone numbers of each agency. If you have difficulty locating the local number, please call the Healthline at 1(800) 333-3212 for assistance.

LOCAL TELEPHONE #	AGENCIES AND ORGANIZATIONS	POTENTIAL INTERFACES
	Child Care Resource and Referral Agency Every county has at least one "R&R" who has extensive knowledge of child care programs, providers and services. **California Association of Resource & Referral Agencies Information Line: 1/600/543-7793 (in California)** Information available in English and Spanish.	R&R's have newsletters, and provide training and outreach to all child care providers. They can provide you with a mailing list of large family child care and center programs. They are your best source of information.
	Child Care Licensing, a division of the Department of Social Services. Child Care evaluators monitor licensing compliance. They make one unannounced visit every three years to family child care homes and a yearly visit to centers. There are 4 regional offices in California. • Northern (Sacramento): 916/229-4500 • Southern (Carlsbad): 619/929-2121 • Coastal (San Bruno): 415/266-8860 • Los Angeles: 310/277-1286	Licensing evaluators could benefit from a workshop on lead hazards. While they are not mandated to inspect for lead hazards, they may be in a position to disseminate information at site visits or orientation meetings required for every new child care program.
	Family Child Care Association There are more than 50 associations in California, often several in one county. Some are part of a state network and some a national network. Contact the Healthline or the local resource and referral agency for information.	Many associations sponsor workshops or have newsletters for their members.
	Local Association for the Education of Young Children (AEYC) affiliates are professional organizations for early childhood program providers. You can find out the name of the current president of the group in your area by calling the state office at 916/442-4703.	Most AEYC's sponsor an annual conference or newsletter. They can be strong advocates for protecting children.

LOCAL TELEPHONE #	AGENCIES AND ORGANIZATIONS	POTENTIAL INTERFACES
	Federal Child Care Food Program Every county has at least one agency that operates this program. Your local child care resource and referral agency can assist in locating the program in your area.	Food program representatives routinely visit all child care programs enrolled to receive food subsidies. They provide nutrition education and would be well-positioned to deliver lead poisoning prevention messages, especially as they relate to nutrition. This is a good way to reach family child care providers.
	California Community Colleges and State Universities Most community colleges, some universities and some extensions offer child care health and safety and other child care-appropriate courses. You can check with your local colleges for this information. They can be found in the Yellow Pages under "School, Academic, Colleges and Universities."	Many early childhood education instructors are willing to disseminate health promotion literature. Others welcome guest speakers.
	Head Start Administration Head Start providers in CA are contracted by Region IX Head Start Administration. Call the Healthline at 1/800/ 333-3212 for information on local contractors.	Head Start programs are required to provide education to low-income families. They often look for speakers and/or health promotion materials.
	Alternative Payment Programs These administer funds for low-income families to purchase the child care services of their choice. This includes non-regulated child care, such as relative care. Most programs can be contacted through the local resource and referral agency.	These programs are well positioned to disseminate information to a hard-to-reach population of both licensed and non-licensed providers.
	Local Child Care Health & Safety Trainers The implementation of 15 hours of health and safety training has led to the development of a cadre of trainers who are paid to provide the training. They often represent national or state organizations. The Child Care Healthline can provide names of approved trainers in each county—call 1/800/333-3212.	Child care health and safety trainers often welcome appropriate materials related to injury prevention. Childhood lead poisoning prevention should be included in all trainings as part of the injury prevention curriculum.

Additionally, you might request information on local child care conferences where you can present or distribute information. Find out if there are interagency child care coalitions or an appropriate task force that may welcome information and strategies to reduce childhood lead poisoning. And lastly, consider participating in local child care planning councils.

ABOUT THE CURRICULUM

The purpose of this two-hour training is to educate child care providers about the dangers of childhood lead poisoning so they will:

Understand the problem of lead poisoning

Practice simple routines to reduce the possibility of lead exposure in their environment

Share this information with families and encourage them to have their children tested for lead poisoning

The course was developed through a collaborative effort between the California Department of Health Services, Childhood Lead Poisoning Prevention Branch and the California Child Care Health Program. It consists of training activities and materials appropriate for child care providers in centers or homes.

Total time: two hours

THE TWENTY MINUTE VERSION

The entire curriculum, as presented, will require 90 minutes to two hours to complete. Should you find it necessary to devote less time to the topic of lead poisoning prevention, you may use the handouts to introduce the topic to child care providers in a minimum of 20 minutes. This should allow enough time for a brief overview of the dangers and sources of lead, things child care providers can do to reduce exposure to lead, and community resources to assist child care providers in their prevention efforts.

Distribute all the handouts in the curriculum.

Review:

Handout I: "What Every Child Care Provider Should Know"
Handout III: "Painting, Repairing or Remodeling Your Child Care Environment"
CLPPB Handout: "Testing Your Child for Lead"

Refer to the

local Lead Poisoning Prevention Program,
the Child Care Lead Poisoning Prevention Project,
and the Healthline.

CURRICULUM MASTERS TO PHOTOCOPY

CCHP Handout #

I What Every Child Care Provider and Caregiver Should Know

II Child Care Activities to Promote Health and Reduce Exposure to Lead
- **IIa**. Activities to Reduce Environmental Exposure
- **IIb**. Cleaning and Disinfecting Schedule
- **IIc**. Teaching Children Healthy Habits
- **IId**. Teaching Parents

III Painting, Repairing, or Remodeling Your Child Care Environment

IV Nutrition and Childhood Lead Poisoning Prevention

V How to Talk to Parents

VI Promoting Handwashing

VII Hazard Hunt

VIII Local Resources

Workshop Evaluation

Certificate of Award

CURRICULUM HANDOUTS TO REQUEST FROM YOUR LOCAL CHILDHOOD LEAD POISONING PREVENTION PROGRAM

* Testing Your Child for Lead
* Simple Things You Can Do to Prevent Childhood Lead Poisoning
* Lead in Paint
* Lead in Soil
* Lead in Home Remedies
* Don't Take Lead Home from Your Job

RECOMMENDED TEACHING AIDS

The following items help focus on the simple things child care providers can do:

Samples of pottery, dishes and cans containing lead

Home test kits for pottery and sample collection kits for painted surfaces and soil *(both available at hardware stores)*

Samples of lead-containing remedies

BEFORE YOU BEGIN

Please read all materials thoroughly before you conduct a training. Child care trainers may want to co-teach with health educators or lead specialists from health departments. Or these health professionals may want to teach with child care trainers as a way of becoming familiar with the child care community.

If you have any questions about the curriculum, call the Child Care Healthline at 1(800) 333-3212.

Come prepared with the phone numbers of the local lead poisoning prevention program and the Child Health and Disability Prevention Program (CHDP) of your local health department.

INTRODUCING THE TOPIC OF CHILDHOOD LEAD POISONING PREVENTION

RATIONALE:

Workshop participants feel more comfortable when ground rules are laid out and introductions made. The workshop will be more effective if tailored to the group. This segment offers opportunities for introductions, review of agenda, and profile of participants.

TIME: *10 minutes (depending on # of participants)*

OBJECTIVE

Participants will become familiar with trainer(s), facility, agenda, and types of child care providers present.

MATERIALS NEEDED

- Training packets/handouts

Optional

- Name tags
- Markers
- Flip chart

ACTIVITIES

- Introductions
- Pass out packets/handouts
- Review course contents
- Point out location of restrooms, telephones, etc.

QUESTIONS/COMMENTS

- Name, position, ages of children in care, why taking the course, type of facility they work in?
- Specific expectations of the group?

OBJECTIVE

Trainer and participants will determine the ages of facilities participants work in, and whether remodeling has been done in those facilities.

MATERIALS NEEDED

- None

ACTIVITIES

- Ask for show of hands

QUESTIONS/COMMENTS

- Number of family child care providers in your class?
- Number of center-based providers?
- Number of providers in facilities built before 1978?
- Number of providers in facilities built before 1978 which have been repaired or which need remodeling?

This is a good way to pique interest in the subject and gather important data.

I.
WHY LEAD POISONING IS AN ISSUE

RATIONALE:

Young children are most at risk for lead poisoning because of their age. Many young children are also in child care. It is extremely important that child care providers be aware of the problem of childhood lead poisoning, know why children are at risk, and understand that they have a role in prevention efforts.

TIME: *15 minutes*

OBJECTIVE

Participants will know:

- at which age children are most at risk for lead poisoning, and why
- that lead poisoning can only be diagnosed with a blood test, when the test should be done, and how it can be obtained
- the sources of lead in a child's environment
- the likelihood that their environment contains lead-based paint due to the age of the building

MATERIALS NEEDED

- CCHP Handout I: What Every Child Care Provider and Caregiver Should Know
- Phone number for local CHDP program
- Phone number for local lead poisoning prevention program

ACTIVITIES

- Review handout and prioritize lead sources
- Discussion

QUESTIONS/COMMENTS

- Stress that children at greatest risk for lead poisoning and at recommended ages for screening are often in child care.
- Lead poisoning often goes undetected until lead screening is performed as part of a routine well-child exam. Refer to CHDP or their usual health care provider.
- Stress that educating parents is crucial to reinforcing what child care providers do in their facility.
- What behaviors of young children put them at risk for lead poisoning?
- Ask if any participants have had experience with home remedies.

OBJECTIVE

Participants will know the extent of childhood lead poisoning in California.

MATERIALS NEEDED

- CCHP Handout I

ACTIVITIES

- Sharing of personal experiences

QUESTIONS/COMMENTS

- Has anyone experienced a case of childhood lead poisoning? What happened?

WHAT EVERY CHILD CARE PROVIDER SHOULD KNOW

Because you care for young children, you should know how to protect them from the most common environmental disease—childhood lead poisoning.

Q Why are children between the ages of one and six years at risk for lead poisoning?

A All young children are at risk for lead poisoning for several reasons. Children explore their environment by putting their toys, hands, and other objects in their mouths. In addition, they spend a lot of time on the floor where sources of lead are likely to be found. Through normal play, they are likely to eat lead that has come from deteriorating paint, paint chips, or dust. Young children also absorb more of the lead they eat than older children or adults. Children's rapidly developing bodies and brains are more vulnerable to lead's toxic effects than adults'. Lead can limit a child's intellectual and physical development.

Q How do I know if a child is lead poisoned?

A Most children with lead poisoning do not look or act sick. The only way to know if children are being poisoned is by testing their blood. Blood lead tests should be a part of well child check-ups for children at one and two years of age. Parents may need to ask their health care provider for the test. Children between the ages of one and six years who have never been tested for lead should also be tested. This is especially important if they spend significant time in older homes or public places with deteriorating paint. Your doctor or Health Department will provide you with information on testing. Parents should call their health care provider or the Child Health and Disability Prevention Program at their local health department for more information.

Q What are the sources of lead poisoning?

A Lead based house paint and lead in soil are very common sources of childhood lead poisoning in California.

The Federal Consumer Product Safety Commission limited the amount of lead in paint in 1978. Houses built or painted before 1978 may contain enough leaded paint to be of concern, and houses built before 1950 are **very** likely to contain high levels of lead in the paint. Leaded paint breaks down over time into dust or chips that can end up on toys, floors and in yard soil. When children mouth these things, they can become poisoned by the lead in the dust or paint chips. Soil may contain lead from peeling or flaking paint near the outside of old houses, or from leaded gas emissions, especially near busy roads.

Additional sources are:

- lead brought home on clothes by persons working in lead related industries
- home remedies such as Azarcon, Greta, and Pay-loo-ah
- handmade or imported pottery and dishes
- hobbies such as making stained glass or fish sinkers/weights
- some imported candy wrappers and imported food cans with lead soldered seams

(In California, water is not a common source of lead poisoning)

Q *What is the extent of the problem in California?*

A Lead exposure is a widespread problem.

- At any given time in California, it is estimated that 217,000 children under the age of six have blood lead levels at 10 micrograms per deciliter (mg/dL) or greater.
- There are 22 million housing units built before 1978, the year when the federal Consumer Product Safety Commission reduced lead in residential paint to 0.06%.
- Over 1.5 billion pounds of lead were deposited in our soil from the use of leaded gasoline.
- In 1994, 1,145 California children ages one through five were identified as having high levels of lead in their blood. Most were discovered through routine blood lead tests during their regular well-child check-up.

Q What can I do as a provider to protect children in my care from lead poisoning?

A To protect the children in your care:

- Make sure your own facility does not expose children.
- Promote health habits that will reduce the possibility of exposure.
- Teach parents what you have learned about childhood lead poisoning.
- Request children be tested for lead as part of their pre-admission health check-up if they are between one and six years of age and have never been tested before.
- Post information about childhood lead poisoning in your child care program.

Q *How can I get more information?*

A Call the California Child Care Healthline, 1 (800) 333-3212, and ask for:

- Handouts designed for child care providers on reducing lead exposure, nutrition and lead poisoning prevention, learning activities for children, and considerations when remodeling or painting child care facilities
- Fact sheets on childhood lead poisoning in English, with limited availability in other languages
- Information about testing
- Call the lead poisoning prevention program of your local Health Department (look for the Health Department in the local government listings in the front pages of your phone book) and ask for:
    - Advice on testing your child care environment for lead
    - Suggestions and resources for reducing lead in your facility
    - Where to refer parents to get their children tested for lead poisoning

II.
CHILD CARE ACTIVITIES TO PROMOTE HEALTH & REDUCE EXPOSURE TO LEAD

RATIONALE:

Since many things child care providers already do to protect children from communicable diseases will also help to protect them from lead, it is important to reinforce these practices with children and their families.

TIME *15 minutes*

OBJECTIVE

Participants will understand that environmental lead exposure can be reduced by :

- covering bare soil
- inspecting the facility monthly for lead hazards, and
- cleaning and disinfecting surfaces and toys regularly

MATERIALS NEEDED

- Handout IIa:
  Activities to Reduce Environmental Exposure
- Handout IIb:
  Cleaning and Disinfecting Schedule

ACTIVITIES

- Review handouts
- Discussion

QUESTIONS/COMMENTS

- Keep drought conditions in mind, and solicit "water-wise" suggestions for ground cover.
- Point out which cleaning and disinfecting activities reduce lead exposure as well as germs and dirt.
- Stress that disinfecting bleach solution should be made fresh daily.

OBJECTIVE

Participants will understand the role of handwashing and wiping feet in lead poisoning prevention efforts.

MATERIALS NEEDED

- Handout IIc:
  Teaching Children Healthy Habits

ACTIVITIES

- Review handout
- Discussion
- Sing song and read poem

QUESTIONS/COMMENTS

- Stress the overall health benefits of handwashing and wiping feet or removing shoes when coming in from play outside.
- Discuss ways to make handwashing and wiping of feet easier to promote in the child care setting.

OBJECTIVE

Participants will recognize the importance of teaching parents about lead poisoning prevention activities by promoting blood lead testing of children before entry into child care.

MATERIALS NEEDED

- Handout IId:
  Teaching Parents

Local Lead Program handouts:

- Simple Things You Can Do to Prevent Childhood Lead Poisoning
- Lead in Paint
- Lead in Soil
- Lead in Home Remedies
- Don't Take Lead Home From Your Job

ACTIVITIES

- Distribute handouts
- Discuss the value of each and how to obtain additional copies

QUESTIONS/COMMENTS

- Point out that children may be exposed at home or at relatives' homes, as well as in child care.
- Refer participants to CHDP or their health care provider for lead testing and screening as part of well-child exams.
- Refer to CHDP or the local lead poisoning prevention program for materials and posters.

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

ACTIVITIES TO REDUCE ENVIRONMENTAL EXPOSURE

Cover all bare soil

which may contain lead from car exhaust or paint peeling from the outside of houses or other buildings.

Planting shrubs around the exterior of your facility and grass or ground cover on open play areas will provide a barrier against lead-containing soil. Well-maintained, impact-absorbing surfaces under play equipment not only protect children from lead exposure, but also from injuries due to falls. Suggested impact-absorbing surfaces include wood chips, fine loose sand that is replenished every two years, or specially designed rubber mats. More information on these surfaces is available by calling the Healthline (1/800/333-3212).

Washing

toys and pacifiers that are frequently mouthed can be easy if routines are established.

Start the morning by introducing a limited number of clean toys. As they are mouthed or become dirty, remove them into a cleaning bucket, introduce fresh toys, and recycle as needed. At the end of the day the dirty toys can be cleaned in the dishwasher or by hand. Dry overnight and they will be ready for the next day. Check toys for chipping paint or old paint that may contain lead. Do not use old or imported toys unless you know they are lead-free.

Inspecting

the child care facility monthly to identify hazards is recommended in the National Child Care Health and Safety Standards.

This is a good time to check for peeling or flaking paint, bare soil, or ceramics that may contain lead. If chipping paint that may contain lead is observed, move cribs, playpens or other play equipment away from the area. As soon as possible determine whether lead is present and seek advice from your health department on how to handle it safely.

Washing & disinfecting

surfaces for eating and playing not only reduces germs, but also reduces the amount of dust containing lead.

See Handout II b: Cleaning and Disinfecting Schedule.

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

CLEANING & DISINFECTING SCHEDULE

Cleaning and washing with soap and water removes dirt, lead dust, debris and body fluids. All-purpose liquid detergents in water are the best cleaning agents. Disinfecting with chemicals eliminates from surfaces most germs that cause illness. In the child care setting, a solution of 1/4 cup household liquid chlorine bleach added to one gallon of cool tap water (or one tablespoon bleach to one quart of water) prepared fresh daily is an effective disinfectant.

Many things you already do to protect children from communicable diseases will also reduce exposure to lead. The practices that reduce lead hazards appear in ***bold*** *in the list below.*

CLEAN AND DISINFECT

AFTER EACH USE

Mouthed toys
Changing tables
Counters used for food or brushing teeth
Tables used for eating
Dishes and utensils

DAILY OR WHEN SOILED

Toys and hard surfaces
Toilets
Door knobs
Kitchen floors, counters, and tables
Sinks
Waste cans

WEEKLY

Cubbies
Cribs
Trash cans
Refrigerators
Drinking fountains
Window sills and baseboards

VACUUM/MOP

DAILY

Vacuum all rugs
Damp mop floors

WASH

AT LEAST WEEKLY, PREFERABLY DAILY, AND WHEN SOILED

Mop heads, *have a special one just for cleaning up dust if lead is present*
Cloth toys
Laundry
Dress-up clothes

SPOT CLEAN

MONTHLY

Walls *(Do not use abrasive cleaning products or tools, i.e. sandpaper.)*
Carpets *(Deep clean every 6 months)*

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

TEACHING CHILDREN HEALTHY HABITS

Child care providers can make positive changes to prevent childhood lead poisoning. Many things you already do to protect children from communicable diseases will also protect them from lead.

HANDWASHING

Since children's hands can carry germs and lead dust to their mouths, children in child care should wash their hands:

- before eating and handling food
- after toileting, diapering or handling other body fluids
- after playing outside
- before going to bed (especially for the thumb-suckers!)

Direct children to the handwashing area by singing this song to the tune of "Row, Row, Row Your Boat."

Wash, wash, wash your hands
Play our handy game.
Rub and scrub, and scrub and rub.
Germs go down the drain, HEY!

Wash, wash, wash your hands
Play our handy game.
Rub and scrub, and scrub and rub.
Dirt goes down the drain, HEY!

If children wash their hands with soap under running water during the time it takes to sing this song, they will have thoroughly cleaned them.

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

Or try this poem by Maurci Jackson:

Wash your hands before you eat.
Wash your hands before you sleep.
Wash your hands after play.
Wash your hands throughout the day,

Run the water in the sink.
Several minutes before you drink.
Drink the water, drink a lot.
But never drink the water hot.

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WIPING FEET

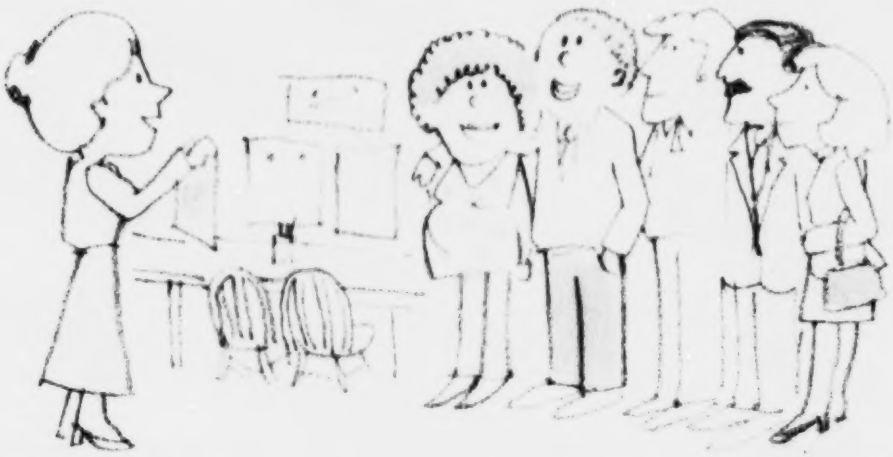
Wiping feet before coming inside keeps soil that may contain lead out of the child care environment. This is especially important in programs that care for infants and toddlers who spend much of their day playing on the floor. It is a common practice in many infant/toddler programs for staff to wear socks only. This not only keeps out soil, but protects little fingers if they are stepped on. Preschoolers will get into feet-wiping routines if you have colorful doormats and fun reminders like "all little horses wipe their feet and neigh."

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

TEACHING PARENTS

Recommend a blood lead test for all children between the ages of one and six years old upon child care entry.

- *This will reinforce the value of screening at an early age. Most parents seek routine health check-ups for their children. Most health care providers will do lead screening as part of the check-up when asked.*



Display brochures or posters in your program that will alert parents to the dangers of lead.

- *Call your local lead poisoning prevention program for supplies.*

Offer parenting programs that include health promotion topics such as appropriate handwashing.

- *You can reach busy parents with critical information to keep their families healthy. The lead program of your local Health Department may provide a speaker or materials for your parent meeting or an article for your newsletter.*

III.
PAINTING, REPAIRING OR REMODELING YOUR CHILD CARE ENVIRONMENT

RATIONALE:
Since child care providers may expose children to lead in the course of painting, repairing and remodeling, they must take precautions to protect children before beginning any work that might disturb lead-based paint. Providers can promote these safe practices when marketing the health and safety of their programs.

TIME: *10 minutes*

OBJECTIVE

Participants will be aware of remodeling and maintenance practices which might disturb lead-based paint. Participants will know where they can obtain consultation and recommendations for performing work in a safer manner. Participants will understand that lead hazard reduction practices help to promote their program.

MATERIALS NEEDED

- Handout III: Painting, Repairing, or Remodeling Your Child Care Environment

Optional:

- Lead sampling kits for testing painted surfaces
- Handout: Lead in Paint (previously distributed)

ACTIVITIES

- Review handout
- Discussion
- Show of hands and sharing of personal experiences

QUESTIONS/COMMENTS

Review which age facilities are most likely to contain lead-based paint.

- Ask if participants have recently performed any of the identified procedures, and how they might do it differently now.
- Stress that sanding, scraping, or burning painted surfaces may be extremely dangerous if there is lead in the paint.
- Brainstorm ways to market your lead safe program.
- Refer to the local lead poisoning prevention program or the Child Care Healthline at 1(800) 333-3212.

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

PAINTING, REPAIRING, OR REMODELING YOUR CHILD CARE ENVIRONMENT

■ *Lead was used in paint made before 1978. Paint for homes is now almost completely free of lead, but structures built or painted before 1978 are very likely to have lead-based paint. Disturbing the paint in any way including sanding, tearing down walls, opening up sections of a wall, or renovating windows, may disturb the lead that lies under the surface and endanger young children in your care.* ■ *Soil also may be contaminated with lead. Leaded gasoline emissions stay in soil, (remember when gasoline contained lead?) especially near roadways. Lead paint flaking off the outside of old structures can end up in soil.* ■ *If you are doing any construction or renovation in your facility or play yard, you may be disturbing lead in soil or paint. There may be a risk of contamination if:*

- the facility was built before 1978 and/or
- the play yard is exposed to heavy automobile traffic and/or
- it is near an industrial area where lead products have been used or produced *(i.e. battery recycling or radiator repair shops).*

TESTING YOUR FACILITY'S PAINT AND SOIL FOR LEAD

- Have your facility evaluated by an interim-certified lead inspector/assessor. The names of these inspectors can be obtained from California State Department of Health Services, Lead-Related Construction Information Line: 1(800) 597-LEAD. (Outside of California call (510) 869-3953.)
- You may also test the painted surfaces yourself. Call the Lead Program located in your local Health Department for instructions on how and where to collect samples of paint. Also they will have advice on testing the soil for lead.
- Testing kits for pottery and sampling kits for painted surfaces and soil are available in hardware stores.

TAKING PRECAUTIONS BEFORE YOU BEGIN

- Never begin any project until you have evaluated the potential hazard and have learned how to handle it safely.
- Strongly consider hiring a lead abatement contractor who has been interim-certified by the Department of Health Services. Call 1(800)597-LEAD for updated information.
- Be sure any volunteers have received training on lead safe procedures.
- Don't sand, burn, or scrape lead based paint. This is the most dangerous method of removal.
- Pregnant women, children and pets should not be present when renovation is being done.
- Don't buy or accept donations of paint unless you know it is lead safe.

MARKETING YOUR LEAD-SAFE PROGRAM

As more parents become aware of the dangers of childhood lead exposure, you can expect questions about the safety of your facility. You can be one step ahead by having your facility inspected and tested. You will then have the results on hand to show that your facility is lead-safe and that you care. ***For more information on childhood lead poisoning prevention, call the lead program of your local health department or the California Child Care Healthline at 1(800) 333-3212.***

IV.
NUTRITION AND CHILDHOOD LEAD POISONING PREVENTION

RATIONALE:

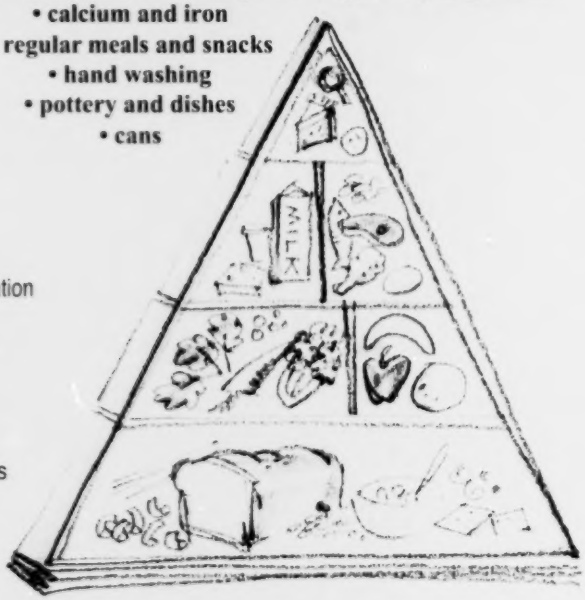
Since nutrition plays an important role in reducing lead absorption in young children, child care providers should promote diets high in calcium and iron and serve balanced, regular meals and snacks.

TIME: *10 minutes*

OBJECTIVE

Participants will understand the nutritional factors influencing lead absorption in young children:

- **calcium and iron**
- **regular meals and snacks**
- **hand washing**
- **pottery and dishes**
- **cans**



MATERIALS NEEDED

- Handout IV: Nutrition and Childhood Lead Poisoning Prevention

Optional

- leaded pottery and dish samples
- lead testing swabs for pottery
- leaded can samples
- leaded home remedy samples
- Handout: Lead in Home Remedies

ACTIVITIES

- Review handouts
- Discussion
- Demonstrate lead testing swabs on dishes.

QUESTIONS/COMMENTS

- Share ways to include foods high in iron and calcium in the diets of young children.
- Stress the need to serve only full-fat dairy products to children under two years of age.
- Stress the need to serve frequent meals and snacks.
- Discuss ways to promote good nutrition with young children and families.
- Stress that pottery, home remedies and cans are sources of lead, but paint and soil are the major sources.

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

NUTRITION AND CHILDHOOD LEAD POISONING PREVENTION

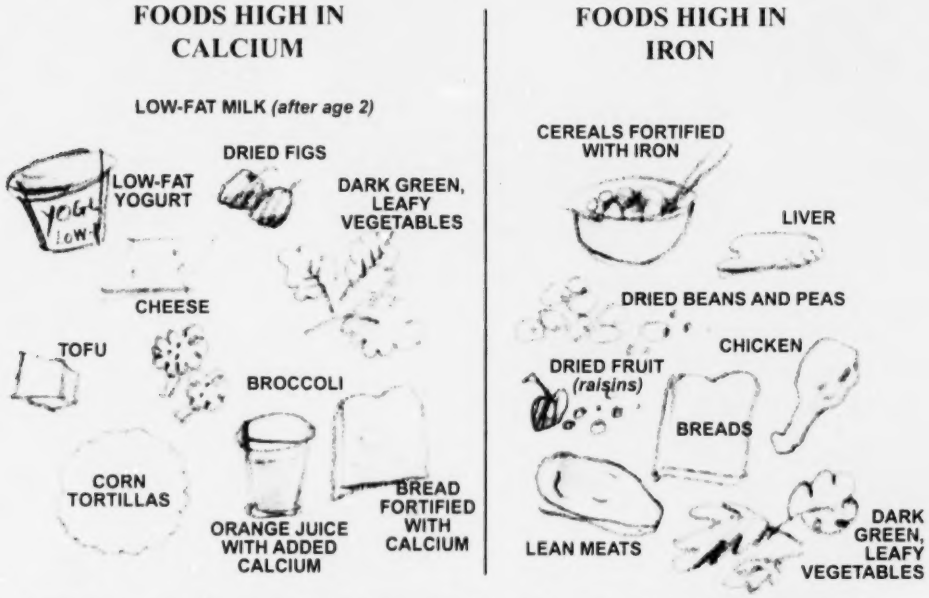
Lead poisoning is the most common environmental disease among young children. It can slow growth and cause learning and behavior problems. Children between one and six years of age are most at risk. The only way to know if a child has lead poisoning is to have the child's blood tested. Child care providers can help protect children from lead poisoning by reducing exposure to lead in the child care environment, promoting good nutrition, and encouraging testing.

HOW DOES NUTRITION HELP PREVENT CHILDHOOD LEAD POISONING?

Certain nutrients, such as calcium and iron, can help prevent the absorption of lead that is ingested. In addition, a full stomach reduces the amount of lead absorbed by the body.

NUTRITION AND CHILDHOOD LEAD POISONING PREVENTION

- Feed children three regular meals and snacks. Lead is absorbed more easily in an empty stomach. Offer nutritious snacks, such as fruits, vegetables, and crackers with thinly spread, creamy peanut butter or cheese.
- Serve foods high in iron and calcium as part of a well balanced diet.



- Feed children less fat after the age of 2 years. Low-fat yogurt, 1% milk, string cheese, low-fat cottage cheese, and tofu, are lower in fat and rich in calcium.
- Prepare foods carefully. Wash your hands, and the children's, before touching food. Surfaces used for food preparation and serving should be clean. Wash fresh foods before eating or cooking. Do not cook, serve, or store food in opened cans, in dishes that contain lead, or in leaded crystal.
- Seat children at the table when eating. They are less likely to drop food on the floor, where it may pick up lead dust and then be eaten.

■ NUTRITION AND FOOD ACTIVITIES

Children learn about nutrition by:
- eating what you serve
- watching you eat healthy foods
- including nutrition concepts in their environment or play area (like play food, pictures of food, empty food boxes)
- formal learning activities such as songs about food
- growing their own food and using food for science experiments
- cooking activities where they can handle, smell and taste food, and serve and receive it from others

A snack to try!

Snacks are important for children. Small children like smaller, more frequent meals. Here is a great recipe that they cannot resist. It's fun and healthy, too! Share your healthy recipes and activities with parents.

MOCK SOUR CREAM DIP

1 cup low fat cottage cheese
1 cup low-fat plain yogurt
1/3 cup non-fat dry milk powder
2 ounces cheddar cheese, grated
2 tbsp lemon juice
(contains 1225 mg calcium total)

Run ingredients through food processor or blender until smooth.
After everyone has washed up, serve with fruits and veggies for dipping.
Each child should have his own dish.

■ WHAT ELSE CAN YOU DO TO HELP PREVENT CHILDHOOD LEAD POISONING?

- Let families know that anemia and lead poisoning may occur together. Refer children with anemia who have not had a lead test to their health care provider CHDP, Women, Infants and Children (WIC), Food stamp program, or other food program.
- Enroll in the child care food program to receive financial assistance and education to provide healthy food. Your child care resource and referral agency can give you a local number for this program.
- Always wash children's hands before they eat.

For more information on childhood lead poisoning prevention, call your local Health Department or the California Child Care Healthline at 1(800) 333-3212.

V.
HOW TO TALK TO PARENTS: A ROLE PLAYING ACTIVITY

RATIONALE:

Since parents may be concerned about lead poisoning, child care providers need to know how to talk with parents about lead poisoning and about the efforts they are making to reduce lead exposure in their facility.

TIME: *10 minutes*

OBJECTIVE

Participants will gain and practice skills in talking with parents about lead poisoning prevention efforts.

MATERIALS NEEDED

• Handout V:
How to Talk to Parents: A Role Playing Activity

ACTIVITIES

• Role play as many situations as time allows, or assign each scenario to small groups.

QUESTIONS/COMMENTS

Possible responses to questions *(see Handout Va)*:

Question #1

• "I'd be happy to show you the results of my environmental lead tests."
• "Yes, my home is older, however, all of the remodeling and maintenance were done in a lead-safe manner."
• Show the procedures you follow to reduce hazards *(see Simple Things Handout)*

Question #2

• Establish a regular cleaning routine.
• Inspect periodically for lead hazards such as deteriorating paint or dishes which may contain lead.
• Require everyone to remove shoes before entering the house, or wipe feet outside before entering.
•Refrain from any remodeling or maintenance before testing for the presence of lead-based paint and learning how to handle it.
• Plant ground cover where dirt is exposed, or cover with sand or wood chips.
• Plant bushes next to the house.

Question #3

• Explore child care providers' possible feelings of resentment or annoyance with parental demands.

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

V.

HOW TO TALK TO PARENTS:

ROLE PLAYING ACTIVITIES

A parent who is visiting your program would very much like to enroll her two year old. She is very concerned about childhood lead poisoning because her nephew has been lead poisoned. She wants to protect her child. Since your facility is older, she wants to know what you have done to reduce lead in your child care setting.

1. What will you tell her? _____

_____

_____

_____

2. What additional things might you have to do to ensure that your child care environment is lead safe for children:

a) indoors? _____

_____

_____

b) outdoors? _____

_____

_____

3. How do you react to a parent who asks these questions?

_____

_____

_____

_____

_____

_____

_____

VI.
PROMOTING HANDWASHING:
A ROLE PLAYING ACTIVITY

RATIONALE:
Since handwashing is an effective means of reducing childhood lead exposure, child care providers will want to teach, reinforce and promote proper handwashing as part of a daily routine.
TIME: *10 minutes*

OBJECTIVE

Participants will identify times during the day when children should wash their hands to reduce lead exposure.

MATERIALS NEEDED
- Handout VI: Teaching Children Healthy Habits: A Role Playing Activity

ACTIVITIES
- Role play as many situations as time allows, or assign each scenario to small groups.

QUESTIONS/ COMMENTS
Possible responses to questions *(see Handout VI)*:

Question #1
- Before eating or handling food
- After playing outside
- Before naptime *(especially thumb-suckers)*

OBJECTIVE

Participants will identify changes to their routine and facility which might promote handwashing.

MATERIALS NEEDED
- Same as above

ACTIVITIES
- Same as above

QUESTIONS/ COMMENTS

Question #2
- Adapt sinks or use stepstools so children can reach running water, soap, and towels. *(Use lead-safe remodeling practices.)*
- Teach and supervise proper handwashing routines.
- Make handwashing fun; use the song and poem.
- Be a good role model.

OBJECTIVE

Participants will identify ways to motivate parents to adopt and reinforce handwashing.

MATERIALS NEEDED
- Same as above

ACTIVITIES
- Same as above

QUESTIONS/ COMMENTS

Question #3
- Post handwashing posters and let parents know how handwashing reduces illness and exposure to lead.
- Send home copies of the song and poem for parents to sing and recite with children.

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

PROMOTING HANDWASHING:
ROLE PLAYING ACTIVITIES

You care for children ages 2 to 4 years. You have just been to a class where the importance of handwashing to reduce childhood lead poisoning has been discussed.

1. At what times are you going to make sure children wash their hands to protect themselves from lead?

_____

_____

_____

2. What routines or changes in your facility will make it easier for children to wash their hands?

_____

_____

_____

3. How could you motivate parents to adopt these positive health habits?

_____

_____

_____

VII.
HAZARD HUNT ACTIVITY

RATIONALE:

Since child care environments can expose children to lead, providers must know where potential sources of lead can be found as well as ways to reduce exposure.

TIME: *20 minutes*

■ OBJECTIVE ■

Using the "Hazard Hunt" diagram, participants will be able to identify potential lead sources and ways to reduce exposure.

MATERIALS NEEDED

- Handout VII: Hazard Hunt

ACTIVITIES

- Review directions and complete the Hazard Hunt as a large group.
- Review answers to Hazard Hunt.

or

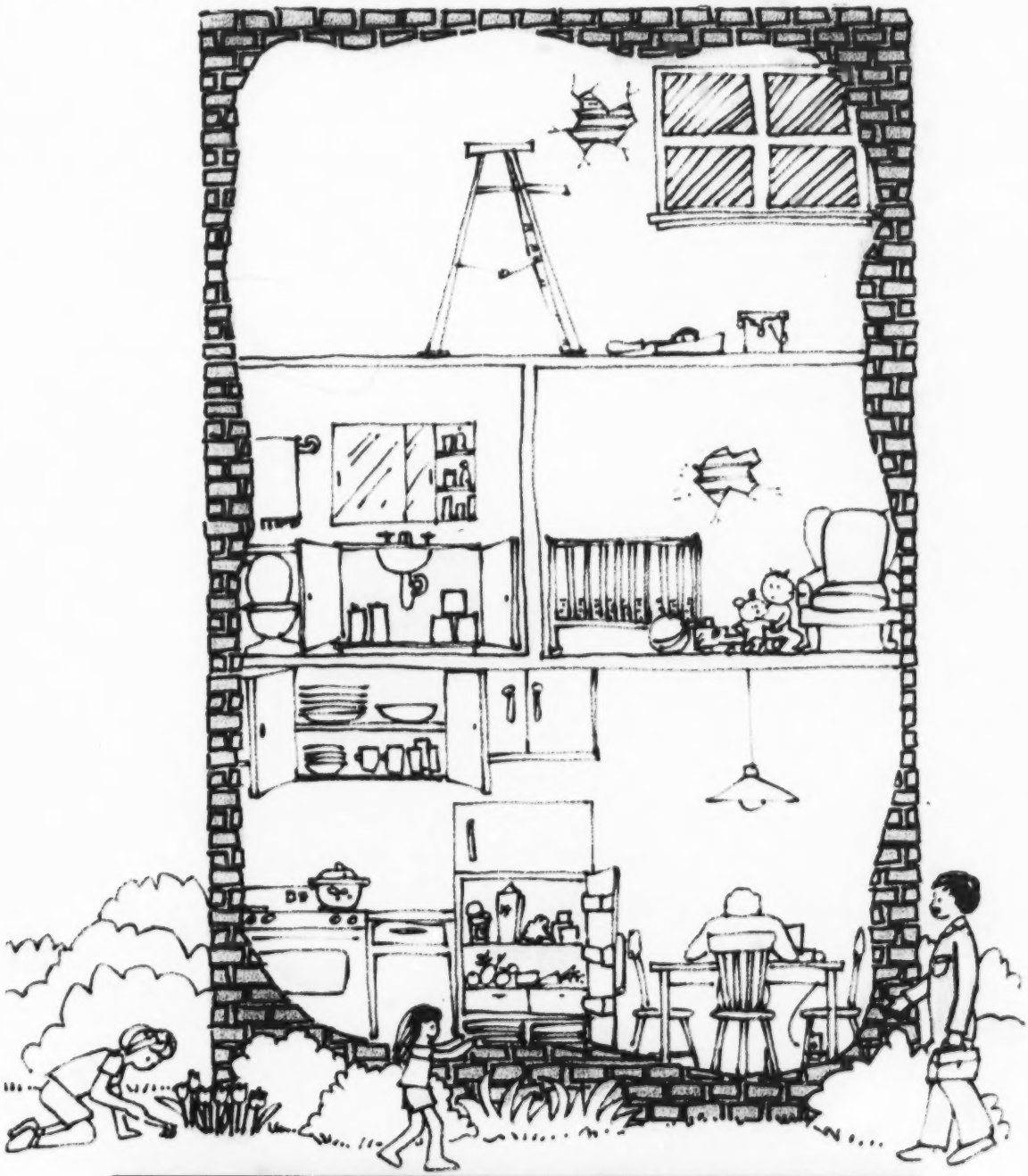
- Review directions and complete the Hazard Hunt in small groups.
- A representative from each group reports back to larger group.
- Review answers to Hazard Hunt.

QUESTIONS/COMMENTS

- Use this activity as a way to summarize training content and reinforce training.

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

CAN YOU FIND THE SOURCES OF LEAD?



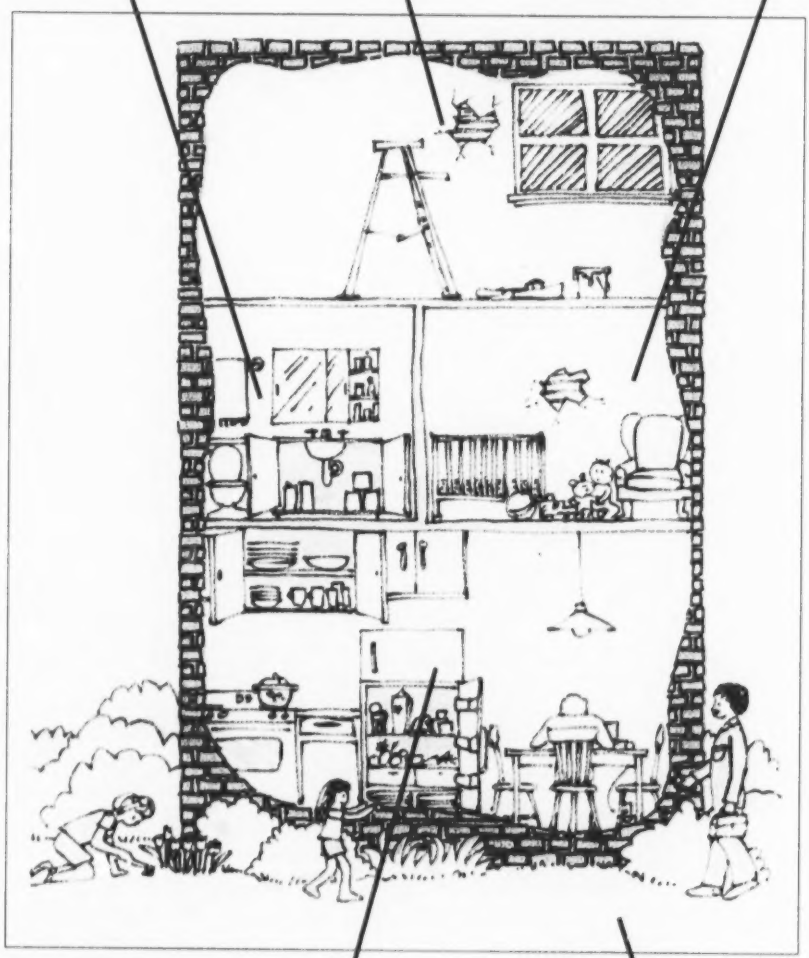
CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

The following is a room by room list of the potential lead sources shown:

BATHROOM
- home remedies in medicine cabinet
- water*

ATTIC
- pre-1978 peeling paint on walls and windows

CHILD'S ROOM
- older or imported toys
- peeling pre-1978 paint
- old crib next to an area where there is peeling paint



KITCHEN/DINING ROOM
- casuelas and other dishware
- canned foods with lead-soldered seams
- hobbies or cottage industries

OUTSIDE
- occupational exposures brought into the home
- soil

**Water is not usually an important source of lead poisoning in California.*

SOURCE INFORMATION FOR

HAZARD HUNT

These are **brief** review points on the lead sources shown in the house. For more thorough information, refer to the curriculum or call your local health department.

PAINT

Any house built before 1978 may contain lead in the paint. Housing built before 1950 is likely to have very high levels of lead in the paint.

WHAT TO DO:

Move cribs, high chairs and toys away from peeling and deteriorating paint. Do not scrape, sand or burn paint unless you know it does not contain lead.

Also, damp mop floors and damp dust window sills and baseboards with detergent and lots of rinse water. Don't use these mops, cloths or sponges for anything else.

SOIL

Soil may be contaminated from gasoline emissions or from leaded paint that has fallen off a structure.

WHAT TO DO:

Plant grass or other ground cover so children do not have contact with soil that may be contaminated with lead. Remove shoes or wipe soil off of them before entering the house.

TOYS

Older or imported toys may be painted with leaded paint or contain lead. Any toy may also collect lead from deteriorating paint in house dust.

WHAT TO DO:

Wash toys (and pacifiers) often. Discard badly damaged toys or toys with peeling paint.

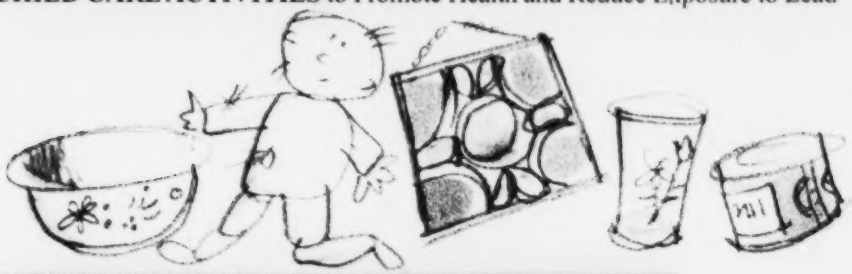
HOME REMEDIES

Many home remedies are helpful to make people feel better. Unfortunately some contain lead and can do more harm than good. Home remedies are found in every culture; those of concern are usually brought from other countries and passed among family members. Some which contain lead include Azarcon, Greta, Pay-loo-ah, Bala Goli and Kohl. Kohl may be used as a cosmetic or for health reasons.

WHAT TO DO:

These medications should not be given to anyone. Call your local Childhood Lead Poisoning Prevention Program (CLPPP) for more information.

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead



OCCUPATIONAL SOURCES

Many jobs can expose a worker to lead, including building demolition, painting, battery recycling and radiation repair.

WHAT TO DO:

It is best to shower and change from work clothes and shoes before leaving work. Call the Occupational Lead Poisoning Prevention Program at (510) 540-3448 for more information.

COTTAGE INDUSTRIES AND HOBBIES

Some families work with lead in their home, either for profit or as a hobby. Examples include making fish sinkers or working with stained glass.

WHAT TO DO:

Don't do these kinds of activities where children may come in contact with them. Call your local CLPPP to find out how to do them safely.

CERAMICS AND DISHWARE

Handmade or imported pottery and other dishware may contain lead.

WHAT TO DO:

Dishes may be tested with lead test kits. Store, cook, and serve foods in unpainted glass or plastic containers.

FOODS

Some imported foods are sold in cans with lead soldered seams.

WHAT TO DO:

Don't buy cans with wide, dented seams. Seams may be tested with lead test kits to detect the presence of lead. (Narrow seams or seams with blue/black lines mean the seam doesn't contain lead.)

WATER

Water is not usually an important source of lead poisoning in California.

WHAT TO DO:

Use only cold water for cooking, drinking or making baby formula. Run water 1-2 minutes to flush water that has been sitting in pipes or faucets overnight.

VIII.
PROMOTING LEAD SCREENING AND TESTING

RATIONALE:

Since most children show no signs of lead poisoning, and it can only be detected with a blood test, child care providers can increase lead poisoning detection by encouraging parents to have their children tested for lead between one and six years of age.

TIME: *10 minutes*

■ OBJECTIVE ■

Participants will gain and practice skills to educate parents about lead testing and to promote lead testing for the children in their care.

MATERIALS NEEDED

- Same as above

  Testing Your Child for Lead Handout

ACTIVITIES

QUESTIONS/COMMENTS

Stress:

- Most cases of childhood lead poisoning are detected as part of a routine well-child check-up which includes a blood lead test.
- Encourage parents to discuss blood lead testing with their children's health care provider.
- Include information on lead poisoning and blood lead testing in your parent handbook.
- The benefit of testing children for lead is that when an elevated blood lead level is found, the source of exposure can be identified and health effects arrested.

■ OBJECTIVE ■

Participants will be able to talk with parents about the recommended schedule for blood lead testing.

MATERIALS NEEDED

- Handout VIII:

  Local Resources

  (Be sure to fill in local phone numbers; check them routinely, as they change frequently.)

ACTIVITIES

- Review local resources available

QUESTIONS/COMMENTS

Be sure to talk about the following:

- Toddlers are at greatest risk.
- Children should be tested initially at one year of age.
- Follow-up testing will be determined by the health care provider.
- Children between the ages of one and six years should also be tested if they have never been tested before.

Optional

- Community Clinic addresses and schedules
- Handout: Testing Your Child for Lead

LOCAL RESOURCES

(Fill in local numbers and post)

NAME	TELEPHONE #
Child Health and Disability Prevention Program (CHDP)	
Local Childhood Lead Poisoning Prevention Program	
Community Clinics	
CA Child Care Healthline	1 / 800 / 333-3212
Regional Poison Control Center	
Other:	

IX.
QUESTION AND ANSWER SESSION

RATIONALE:

An open forum for participants to ask questions is essential. A list of sample questions and answers is included to assist you in preparing for this session.
See "Trainer Information Sheet."
TIME: *5 minutes or more*

■ OBJECTIVE ■

Participants will have their remaining questions answered.

MATERIALS NEEDED

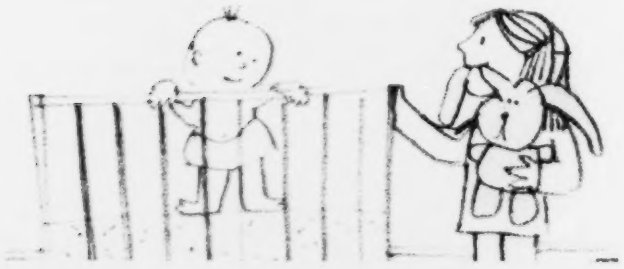
- Trainer Information Sheet

ACTIVITIES

- Discussion

QUESTIONS/COMMENTS

- The "Trainer Information Sheet" is not for distribution.
It is to assist you in answering participants' common questions.



Child Care Provider

QUESTION AND ANSWER SESSION
TRAINER INFORMATION SHEET

The following are questions child care providers have asked during workshops and trainings on childhood lead poisoning prevention. You may hear these questions, or some like them, during your trainings with child care providers. The answers provided are suggestions; you may wish to state them in your own words. This information sheet is not intended for distribution.

Q Why should I learn about lead? Isn't lead just like the asbestos fiasco? Why open that can of worms?

A The can of worms already is open! While lead poisoning is an issue that dates back at least to Roman times, recent efforts of the federal Centers for Disease Control (CDC) and Prevention and the State's Childhood Lead Poisoning Prevention Branch (CLPPB) have made many more people aware of the hazards of lead for growing children. Your attempts to detect and deal with lead hazards in your program should not endanger your business. Rather, if you document the steps you take to identify and reduce lead hazards in your program, you may be limiting your liability in case a child in your care is found to have an elevated blood lead level. If you're planning work which disturbs lead-painted surfaces, you need to make sure the job is done safely. The California Department of Health Services recommends that you hire a contractor who is certified to perform lead-related construction work. Call (800) 597-LEAD in California, or (510) 869-3953 from outside California, for information on finding State-certified individuals and doing this work safely. The State CLPPB and the Department of Social Services, Community Care Licensing are exploring this issue.

Q Do doctors always screen children for lead poisoning?

A Some medical professionals are reluctant to initiate risk assessment and testing for lead poisoning. It is important for child care providers to encourage parents to request that their children be tested. DHS has directed medical providers in publicly funded systems (for example, Child Health and Disability Prevention Program and Medi-Cal) to follow the CDC guidelines for screening children for lead poisoning. These guidelines state that children be screened for lead poisoning at age one year and then again at two if resources are available. Health care providers begin asking about children's risk of lead poisoning (with several standard questions) at the six-month well child visit. Most children identified as lead poisoned were detected during routine well-child check-ups. These children did not appear ill!

Q Can I test my home or facility for lead using swabs?

A You can test dishes and pottery with swabs from a home test kit available in most hardware stores. The swabs turn pink in the presence of lead. The swabs may turn pink when rubbed on walls and other surfaces with leaded paint. The absence of the pink color does not always mean that the paint is lead-free. Because of the difficulty of interpreting the results, it is not recommended that swabs be used for testing paint.

- There are a number of more useful, reliable ways to test paint. You can take paint chip samples and send them to a certified laboratory for analysis. (Some hardware stores carry kits to make this easier.) You can have a State-certified inspector do the testing for you, doing a visual inspection, taking paint chips, and/or using a special instrument that detects lead in all the layers of paint on a surface.
- For more information about paint testing methods and costs, including a list of certified laboratories, call your local health department's childhood lead poisoning prevention program (in the government pages at the front of your local telephone book) or the State CLPPB Construction Information Line at (800) 597-LEAD in California, or (510) 869-3953 from outside California.

Q If there is lead in my rental unit, who is responsible for making it lead safe?

A Under California law, landlords are responsible for providing safe housing. While lead is not mentioned specifically in the law, it nonetheless is covered by it. There are localities with ordinances defining such responsibility, and there are efforts to create laws that will more specifically address lead safety in rental property. For more information, contact your local childhood lead poisoning prevention program, or the State Lead-Related Construction Information Line at (800) 597-LEAD in California, or (510) 869-3953 outside California. Child care providers who operate in rented or leased property should ask the owner to **safely** address lead problems.

- Document all requests for repair and maintenance, and seek assistance from a local legal aid or tenants' rights group if you fail to receive adequate results.
- Recommend that your landlord have work done by a State-certified lead-abatement worker. At the very least, insist that the work be done safely and that no dust is generated during corrections.

Q How do I know if medications parents send to child care contain lead?

A Prescriptions and over-the-counter medications in the U.S. are monitored to assure that they do not contain lead. Parents sometimes use certain remedies they get from friends, family, or traditional healers. Some of these, such as Azarcon, Greta, and Pay-loo-ah, contain lead. Because you cannot tell if a medication contains lead by looking at or smelling it, never give medications which are not in the original container. Prescription medications must have the child's name, the drug name and dosage, expiration date, full instructions for storage and administration, and potential side effects to watch for. Document medication administration in the child's records.

X.
WORKSHOP EVALUATION AND CERTIFICATES

RATIONALE:

Since the participants are the best judges of the quality of the workshop and trainer, they should complete a training evaluation. Participants will be more likely to promote lead poisoning prevention if they feel positively about their efforts and receive recognitionand a certificate.

TIME: *5 minutes*

OBJECTIVE

Participants will offer feedback on the training.

MATERIALS NEEDED

Workshop Evaluation

ACTIVITIES

- Distribute evaluation forms, review directions, and collect completed forms.

QUESTIONS/COMMENTS

- Assure participants that honesty is valued, and anonymity is encouraged.

OBJECTIVE

Participants will be acknowledged for their efforts to raise health and safety standards in their facilities and communities.

MATERIALS NEEDED

Certificate of Award for Completion of Health and Safety Training in Child Care Lead Poisoning Prevention

ACTIVITIES

- Fill out certificate for each participant and distribute.

QUESTIONS/COMMENTS

- Encourage participants to practice their prevention efforts and educate their families.
- Refer participants to their local lead poisoning prevention program for more information and support in their outreach efforts to parents and in their efforts to reduce lead in their own facilities.

WORKSHOP EVALUATION

We would like to know what you thought about this training.
Please tell us by checking the appropriate box.

TRAINING: _____ DATE: _____

		Strongly agree	Agree	Not sure	Disagree	Strongly disagree
1	I have a better understanding of childhood lead poisoning.	❑	❑	❑	❑	❑
2	I have a better understanding of **my role** in preventing childhood lead poisoning.	❑	❑	❑	❑	❑
3	I found the handouts useful.	❑	❑	❑	❑	❑
4	The instructor was well prepared.	❑	❑	❑	❑	❑
5	I benefited from the role-playing activities.	❑	❑	❑	❑	❑
6	I found the Hazard Hunt activity useful.	❑	❑	❑	❑	❑
7	I would recommend this training to other child care providers.	❑	❑	❑	❑	❑

8 What did you like best about the training?

9 What did you like the least?

10 What suggestions do you have for improving the training?

11 What else would you like to know about childhood lead poisoning prevention?

Comments: *(Feel free to use the other side of this page)*

Certificate of Award

OF HEALTH AND SAFETY TRAINING IN

CHILD CARE LEAD POISONING PREVENTION

THIS WILL CERTIFY THAT

_____

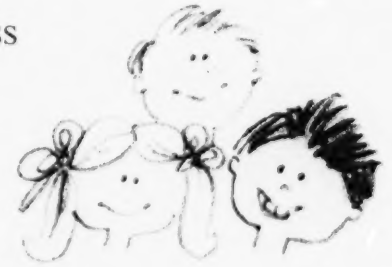
(First/Last Name)

HAS SUCCESSFULLY COMPLETED A ____ HOUR CLASS
IN CHILD CARE LEAD POISONING PREVENTION

ON _____

(month/day/year)

Note: *These hours may be applied toward partial fulfillment of the Injury Prevention requirement of the AB243 mandated health and safety training.*



_____ _____

Sponsoring Agency *(Name/* Instructor's Signature *(Print & Sign)*

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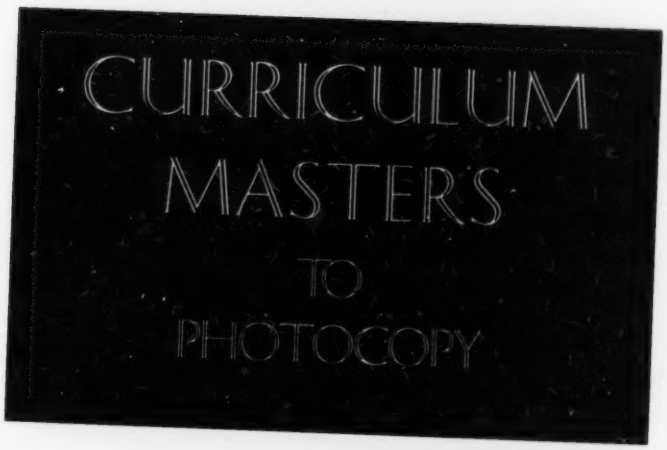
CURRICULUM
MASTERS
TO
PHOTOCOPY

WHAT EVERY CHILD CARE PROVIDER SHOULD KNOW

Because you care for young children, you should know how to protect them from the most common environmental disease—childhood lead poisoning.

Q Why are children between the ages of one and six years at risk for lead poisoning?

A All young children are at risk for lead poisoning for several reasons. Children explore their environment by putting their toys, hands, and other objects in their mouths. In addition, they spend a lot of time on the floor where sources of lead are likely to be found. Through normal play, they are likely to eat lead that has come from deteriorating paint, paint chips, or dust. Young children also absorb more of the lead they eat than older children or adults. Children's rapidly developing bodies and brains are more vulnerable to lead's toxic effects than adults'. Lead can limit a child's intellectual and physical development.

Q How do I know if a child is lead poisoned?

A Most children with lead poisoning do not look or act sick. The only way to know if children are being poisoned is by testing their blood. Blood lead tests should be a part of well child check-ups for children at one and two years of age. Parents may need to ask their health care provider for the test. Children between the ages of one and six years who have never been tested for lead should also be tested. This is especially important if they spend significant time in older homes or public places with deteriorating paint. Your doctor or Health Department will provide you with information on testing. Parents should call their health care provider or the Child Health and Disability Prevention Program at their local health department for more information.

Q What are the sources of lead poisoning?

A Lead based house paint and lead in soil are very common sources of childhood lead poisoning in California.

The Federal Consumer Product Safety Commission limited the amount of lead in paint in 1978. Houses built or painted before 1978 may contain enough leaded paint to be of concern, and houses built before 1950 are **very** likely to contain high levels of lead in the paint. Leaded paint breaks down over time into dust or chips that can end up on toys, floors and in yard soil. When children mouth these things, they can become poisoned by the lead in the dust or paint chips. Soil may contain lead from peeling or flaking paint near the outside of old houses, or from leaded gas emissions, especially near busy roads.

Additional sources are:

- lead brought home on clothes by persons working in lead related industries
- home remedies such as Azarcon, Greta, and Pay-loo-ah
- handmade or imported pottery and dishes
- hobbies such as making stained glass or fish sinkers/weights
- some imported candy wrappers and imported food cans with lead soldered seams

(In California, water is not a common source of lead poisoning)

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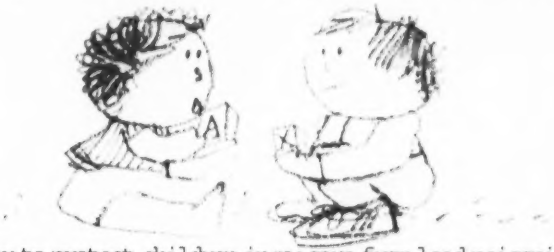
Q *What is the extent of the problem in California?*

A Lead exposure is a widespread problem.

- At any given time in California, it is estimated that 217,000 children under the age of six have blood lead levels at 10 micrograms per deciliter (mg/dL) or greater.
- There are 22 million housing units built before 1978, the year when the federal Consumer Product Safety Commission reduced lead in residential paint to 0.06%.
- Over 1.5 billion pounds of lead were deposited in our soil from the use of leaded gasoline.
- In 1994, 1,145 California children ages one through five were identified as having high levels of lead in their blood. Most were discovered through routine blood lead tests during their regular well-child check-up.



Q What can I do as a provider to protect children in my care from lead poisoning?

A To protect the children in your care:

- Make sure your own facility does not expose children.
- Promote health habits that will reduce the possibility of exposure.
- Teach parents what you have learned about childhood lead poisoning.
- Request children be tested for lead as part of their pre-admission health check-up if they are between one and six years of age and have never been tested before.
- Post information about childhood lead poisoning in your child care program.

Q *How can I get more information?*

A Call the California Child Care Healthline, 1 (800) 333-3212, and ask for:

- Handouts designed for child care providers on reducing lead exposure, nutrition and lead poisoning prevention, learning activities for children, and considerations when remodeling or painting child care facilities
- Fact sheets on childhood lead poisoning in English, with limited availability in other languages
- Information about testing
- Call the lead poisoning prevention program of your local Health Department (look for the Health Department in the local government listings in the front pages of your phone book) and ask for:
    - Advice on testing your child care environment for lead
    - Suggestions and resources for reducing lead in your facility
    - Where to refer parents to get their children tested for lead poisoning

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

ACTIVITIES TO REDUCE ENVIRONMENTAL EXPOSURE

Cover all bare soil

which may contain lead from car exhaust or paint peeling from the outside of houses or other buildings.

Planting shrubs around the exterior of your facility and grass or ground cover on open play areas will provide a barrier against lead-containing soil. Well-maintained, impact-absorbing surfaces under play equipment not only protect children from lead exposure, but also from injuries due to falls. Suggested impact-absorbing surfaces include wood chips, fine loose sand that is replenished every two years, or specially designed rubber mats. More information on these surfaces is available by calling the Healthline (1/800/333-3212).

Washing

toys and pacifiers that are frequently mouthed can be easy if routines are established.

Start the morning by introducing a limited number of clean toys. As they are mouthed or become dirty, remove them into a cleaning bucket, introduce fresh toys, and recycle as needed. At the end of the day the dirty toys can be cleaned in the dishwasher or by hand. Dry overnight and they will be ready for the next day. Check toys for chipping paint or old paint that may contain lead. Do not use old or imported toys unless you know they are lead-free.

Inspecting

the child care facility monthly to identify hazards is recommended in the National Child Care Health and Safety Standards.

This is a good time to check for peeling or flaking paint, bare soil, or ceramics that may contain lead. If chipping paint that may contain lead is observed, move cribs, playpens or other play equipment away from the area. As soon as possible determine whether lead is present and seek advice from your health department on how to handle it safely.

Washing & disinfecting

surfaces for eating and playing not only reduces germs, but also reduces the amount of dust containing lead.

See Handout II b: Cleaning and Disinfecting Schedule.

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

CLEANING & DISINFECTING SCHEDULE

Cleaning and washing with soap and water removes dirt, lead dust, debris and body fluids. All-purpose liquid detergents in water are the best cleaning agents. Disinfecting with chemicals eliminates from surfaces most germs that cause illness. In the child care setting, a solution of 1/4 cup household liquid chlorine bleach added to one gallon of cool tap water (or one tablespoon bleach to one quart of water) prepared fresh daily is an effective disinfectant.

Many things you already do to protect children from communicable diseases will also reduce exposure to lead. The practices that reduce lead hazards appear in ***bold*** *in the list below.*

CLEAN AND DISINFECT

AFTER EACH USE

Mouthed toys
Changing tables
Counters used for food or brushing teeth
Tables used for eating
Dishes and utensils

DAILY OR WHEN SOILED

Toys and hard surfaces
Toilets
Door knobs
Kitchen floors, counters, and tables
Sinks
Waste cans

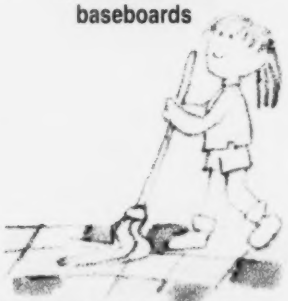
WEEKLY

Cubbies
Cribs
Trash cans
Refrigerators
Drinking fountains
Window sills and baseboards

VACUUM/MOP

DAILY

Vacuum all rugs
Damp mop floors



WASH

AT LEAST WEEKLY, PREFERABLY DAILY, AND WHEN SOILED

Mop heads, *have a special one just for cleaning up dust if lead is present*
Cloth toys
Laundry
Dress-up clothes

SPOT CLEAN

MONTHLY

Walls *(Do not use abrasive cleaning products or tools, i.e. sandpaper.)*
Carpets *(Deep clean every 6 months)*

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

TEACHING CHILDREN HEALTHY HABITS

Child care providers can make positive changes to prevent childhood lead poisoning. Many things you already do to protect children from communicable diseases will also protect them from lead.

HANDWASHING

Since children's hands can carry germs and lead dust to their mouths, children in child care should wash their hands:

- before eating and handling food
- after toileting, diapering or handling other body fluids
- after playing outside
- before going to bed (especially for the thumb-suckers!)

Direct children to the handwashing area by singing this song to the tune of "Row, Row, Row Your Boat."

Wash, wash, wash your hands
Play our handy game.
Rub and scrub, and scrub and rub.
Germs go down the drain, HEY!

Wash, wash, wash your hands
Play our handy game.
Rub and scrub, and scrub and rub.
Dirt goes down the drain, HEY!

If children wash their hands with soap under running water during the time it takes to sing this song, they will have thoroughly cleaned them.

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

Or try this poem by Maurci Jackson:

Wash your hands before you eat.
Wash your hands before you sleep.
Wash your hands after play.
Wash your hands throughout the day,

Run the water in the sink.
Several minutes before you drink.
Drink the water, drink a lot.
But never drink the water hot.

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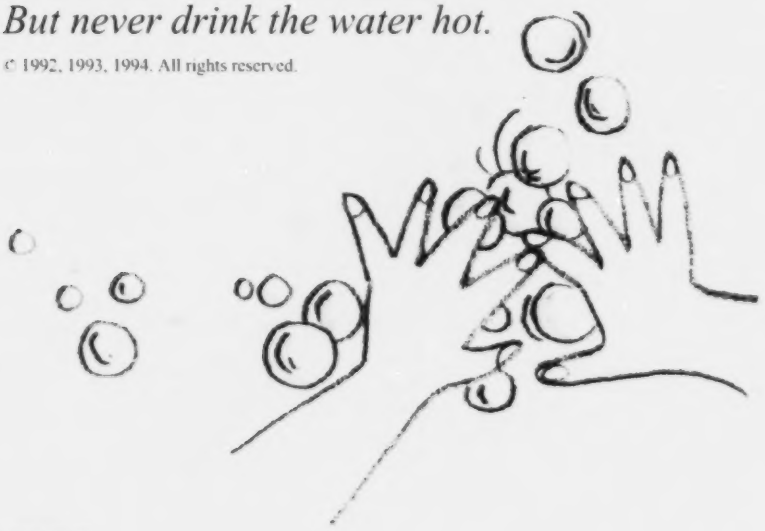


WIPING FEET

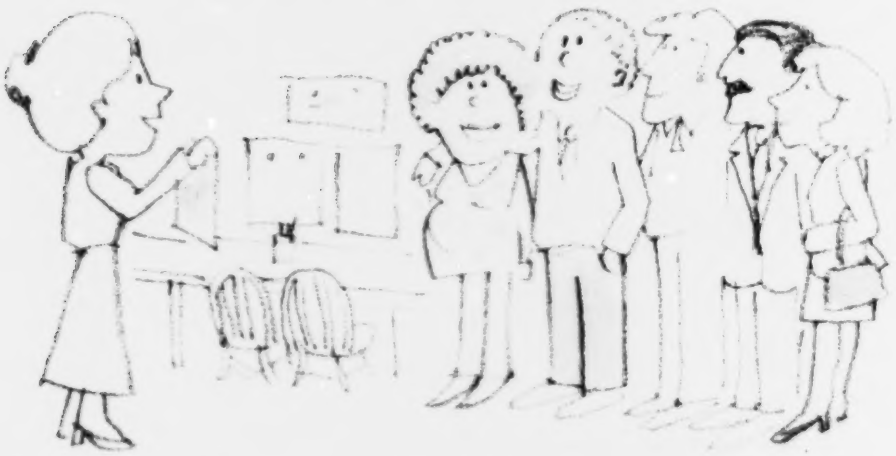
Wiping feet before coming inside keeps soil that may contain lead out of the child care environment. This is especially important in programs that care for infants and toddlers who spend much of their day playing on the floor. It is a common practice in many infant/toddler programs for staff to wear socks only. This not only keeps out soil, but protects little fingers if they are stepped on. Preschoolers will get into feet-wiping routines if you have colorful doormats and fun reminders like "all little horses wipe their feet and neigh."

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

TEACHING PARENTS

Recommend a blood lead test for all children between the ages of one and six years old upon child care entry.

■ *This will reinforce the value of screening at an early age. Most parents seek routine health check-ups for their children. Most health care providers will do lead screening as part of the check-up when asked.*



Display brochures or posters in your program that will alert parents to the dangers of lead.

■ *Call your local lead poisoning prevention program for supplies.*

Offer parenting programs that include health promotion topics such as appropriate handwashing.

■ *You can reach busy parents with critical information to keep their families healthy. The lead program of your local Health Department may provide a speaker or materials for your parent meeting or an article for your newsletter.*

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CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

PAINTING, REPAIRING, OR REMODELING YOUR CHILD CARE ENVIRONMENT

■ *Lead was used in paint made before 1978. Paint for homes is now almost completely free of lead, but structures built or painted before 1978 are very likely to have lead-based paint. Disturbing the paint in any way including sanding, tearing down walls, opening up sections of a wall, or renovating windows, may disturb the lead that lies under the surface and endanger young children in your care.* ■ *Soil also may be contaminated with lead. Leaded gasoline emissions stay in soil, (remember when gasoline contained lead?) especially near roadways. Lead paint flaking off the outside of old structures can end up in soil.* ■ *If you are doing any construction or renovation in your facility or play yard, you may be disturbing lead in soil or paint. There may be a risk of contamination if:*

- the facility was built before 1978 and/or
- the play yard is exposed to heavy automobile traffic and/or
- it is near an industrial area where lead products have been used or produced *(i.e. battery recycling or radiator repair shops).*

TESTING YOUR FACILITY'S PAINT AND SOIL FOR LEAD

- Have your facility evaluated by an interim-certified lead inspector/assessor. The names of these inspectors can be obtained from California State Department of Health Services, Lead-Related Construction Information Line: 1(800) 597-LEAD. (Outside of California call (510) 869-3953.)
- You may also test the painted surfaces yourself. Call the Lead Program located in your local Health Department for instructions on how and where to collect samples of paint. Also they will have advice on testing the soil for lead.
- Testing kits for pottery and sampling kits for painted surfaces and soil are available in hardware stores.

TAKING PRECAUTIONS BEFORE YOU BEGIN

- Never begin any project until you have evaluated the potential hazard and have learned how to handle it safely.
- Strongly consider hiring a lead abatement contractor who has been interim-certified by the Department of Health Services. Call 1(800)597-LEAD for updated information.
- Be sure any volunteers have received training on lead safe procedures.
- Don't sand, burn, or scrape lead based paint. This is the most dangerous method of removal.
- Pregnant women, children and pets should not be present when renovation is being done.
- Don't buy or accept donations of paint unless you know it is lead safe.

MARKETING YOUR LEAD-SAFE PROGRAM

As more parents become aware of the dangers of childhood lead exposure, you can expect questions about the safety of your facility. You can be one step ahead by having your facility inspected and tested. You will then have the results on hand to show that your facility is lead-safe and that you care. ***For more information on childhood lead poisoning prevention, call the lead program of your local health department or the California Child Care Healthline at 1(800) 333-3212.***

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

NUTRITION AND CHILDHOOD LEAD POISONING PREVENTION

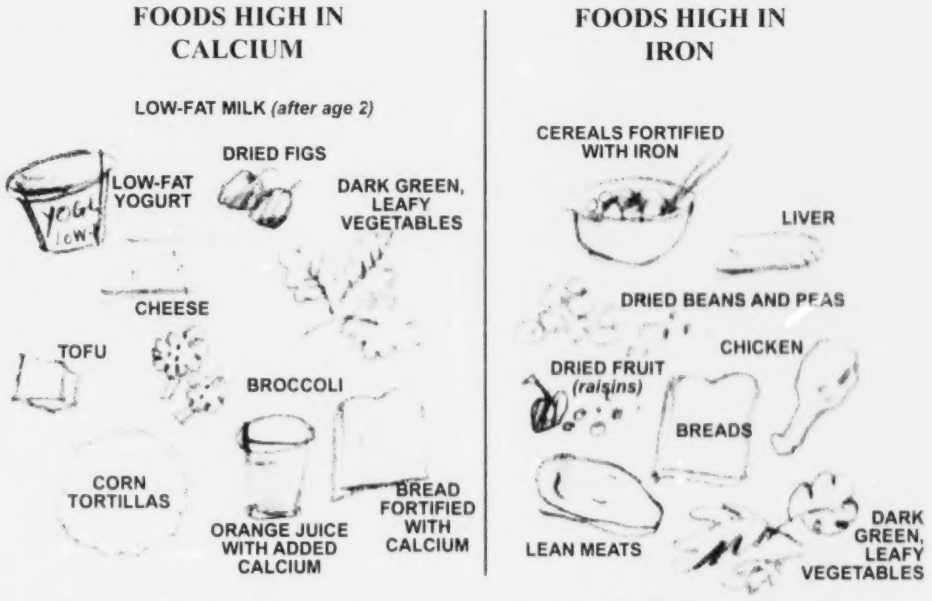
Lead poisoning is the most common environmental disease among young children. It can slow growth and cause learning and behavior problems. Children between one and six years of age are most at risk. The only way to know if a child has lead poisoning is to have the child's blood tested. Child care providers can help protect children from lead poisoning by reducing exposure to lead in the child care environment, promoting good nutrition, and encouraging testing.

HOW DOES NUTRITION HELP PREVENT CHILDHOOD LEAD POISONING?

Certain nutrients, such as calcium and iron, can help prevent the absorption of lead that is ingested. In addition, a full stomach reduces the amount of lead absorbed by the body.

NUTRITION AND CHILDHOOD LEAD POISONING PREVENTION

- Feed children three regular meals and snacks. Lead is absorbed more easily in an empty stomach. Offer nutritious snacks, such as fruits, vegetables, and crackers with thinly spread, creamy peanut butter or cheese.
- Serve foods high in iron and calcium as part of a well balanced diet.



- Feed children less fat after the age of 2 years. Low-fat yogurt, 1% milk, string cheese, low-fat cottage cheese, and tofu, are lower in fat and rich in calcium.
- Prepare foods carefully. Wash your hands, and the children's, before touching food. Surfaces used for food preparation and serving should be clean. Wash fresh foods before eating or cooking. Do not cook, serve, or store food in opened cans, in dishes that contain lead, or in leaded crystal.
- Seat children at the table when eating. They are less likely to drop food on the floor, where it may pick up lead dust and then be eaten.

■ NUTRITION AND FOOD ACTIVITIES

Children learn about nutrition by:

- eating what you serve
- watching you eat healthy foods
- including nutrition concepts in their environment or play area (like play food, pictures of food, empty food boxes)
- formal learning activities such as songs about food
- growing their own food and using food for science experiments
- cooking activities where they can handle, smell and taste food, and serve and receive it from others

A snack to try!

Snacks are important for children. Small children like smaller, more frequent meals. Here is a great recipe that they cannot resist. It's fun and healthy, too! Share your healthy recipes and activities with parents.

MOCK SOUR CREAM DIP

1 cup low fat cottage cheese
1 cup low-fat plain yogurt
1/3 cup non-fat dry milk powder
2 ounces cheddar cheese, grated
2 tbsp lemon juice
(contains 1225 mg calcium total)

Run ingredients through food processor or blender until smooth.
After everyone has washed up, serve with fruits and veggies for dipping.
Each child should have his own dish.

■ WHAT ELSE CAN YOU DO TO HELP PREVENT CHILDHOOD LEAD POISONING?

- Let families know that anemia and lead poisoning may occur together. Refer children with anemia who have not had a lead test to their health care provider CHDP, Women, Infants and Children (WIC), Food stamp program, or other food program.
- Enroll in the child care food program to receive financial assistance and education to provide healthy food. Your child care resource and referral agency can give you a local number for this program.
- Always wash children's hands before they eat.

For more information on childhood lead poisoning prevention, call your local Health Department or the California Child Care Healthline at 1(800) 333-3212.

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

V.

HOW TO TALK TO PARENTS:

ROLE PLAYING ACTIVITIES

A parent who is visiting your program would very much like to enroll her two year old. She is very concerned about childhood lead poisoning because her nephew has been lead poisoned. She wants to protect her child. Since your facility is older, she wants to know what you have done to reduce lead in your child care setting.

1. What will you tell her?_____

2. What additional things might you have to do to ensure that your child care environment is lead safe for children:

a) indoors?_____

b) outdoors?_____

3. How do you react to a parent who asks these questions?

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

PROMOTING HANDWASHING:

ROLE PLAYING ACTIVITIES

You care for children ages 2 to 4 years. You have just been to a class where the importance of handwashing to reduce childhood lead poisoning has been discussed.

1. At what times are you going to make sure children wash their hands to protect themselves from lead?

_____

_____

_____

2. What routines or changes in your facility will make it easier for children to wash their hands?

_____

_____

_____

3. How could you motivate parents to adopt these positive health habits?

_____

_____

_____

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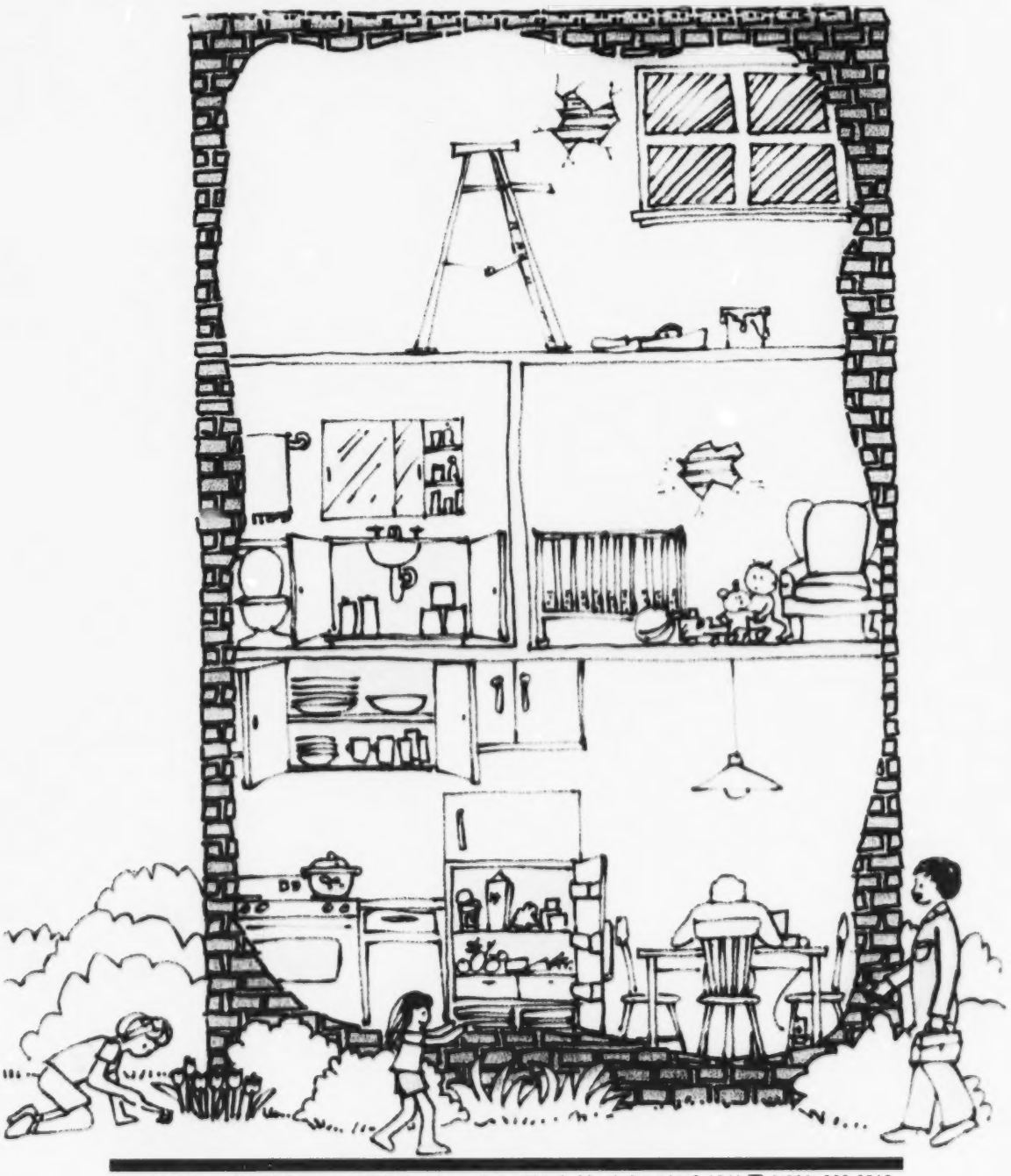
CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

CAN YOU FIND THE SOURCES OF LEAD?



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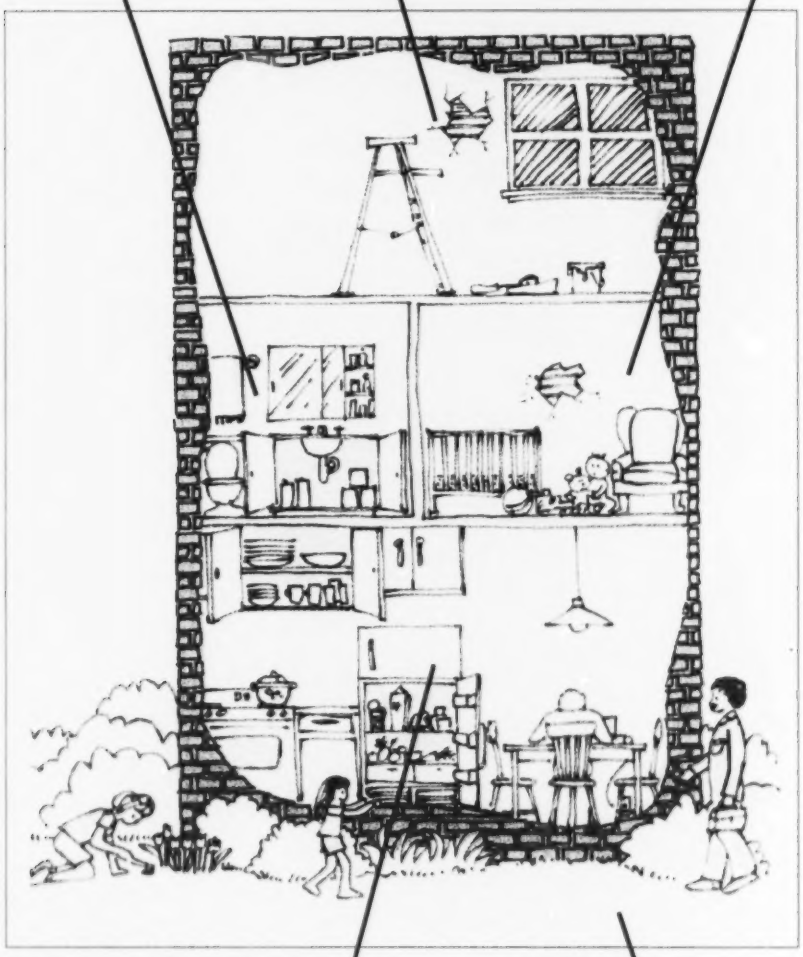
CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

The following is a room by room list of the potential lead sources shown:

BATHROOM
- home remedies in medicine cabinet
- water*

ATTIC
- pre-1978 peeling paint on walls and windows

CHILD'S ROOM
- older or imported toys
- peeling pre-1978 paint
- old crib next to an area where there is peeling paint



KITCHEN/DINING ROOM
- casuelas and other dishware
- canned foods with lead-soldered seams
- hobbies or cottage industries

OUTSIDE
- occupational exposures brought into the home
- soil

**Water is not usually an important source of lead poisoning in California.*

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead

SOURCE INFORMATION FOR

HAZARD HUNT

These are **brief** review points on the lead sources shown in the house. For more thorough information, refer to the curriculum or call your local health department.

PAINT

Any house built before 1978 may contain lead in the paint. Housing built before 1950 is likely to have very high levels of lead in the paint.

WHAT TO DO:

Move cribs, high chairs and toys away from peeling and deteriorating paint. Do not scrape, sand or burn paint unless you know it does not contain lead.

Also, damp mop floors and damp dust window sills and baseboards with detergent and lots of rinse water. Don't use these mops, cloths or sponges for anything else.

SOIL

Soil may be contaminated from gasoline emissions or from leaded paint that has fallen off a structure.

WHAT TO DO:

Plant grass or other ground cover so children do not have contact with soil that may be contaminated with lead. Remove shoes or wipe soil off of them before entering the house.

TOYS

Older or imported toys may be painted with leaded paint or contain lead. Any toy may also collect lead from deteriorating paint in house dust.

WHAT TO DO:

Wash toys (and pacifiers) often. Discard badly damaged toys or toys with peeling paint.

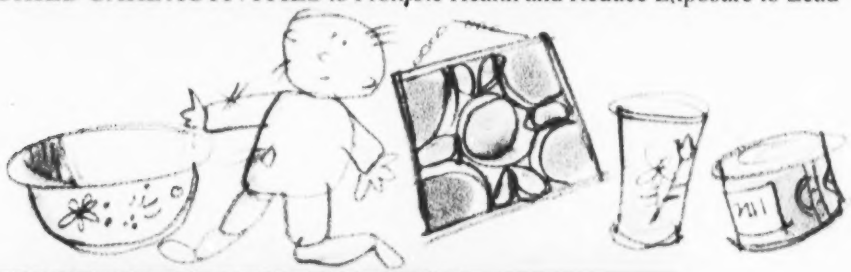
HOME REMEDIES

Many home remedies are helpful to make people feel better. Unfortunately some contain lead and can do more harm than good. Home remedies are found in every culture; those of concern are usually brought from other countries and passed among family members. Some which contain lead include Azarcon, Greta, Pay-loo-ah, Bala Goli and Kohl. Kohl may be used as a cosmetic or for health reasons.

WHAT TO DO:

These medications should not be given to anyone. Call your local Childhood Lead Poisoning Prevention Program (CLPPP) for more information.

CHILD CARE ACTIVITIES to Promote Health and Reduce Exposure to Lead



OCCUPATIONAL SOURCES

Many jobs can expose a worker to lead, including building demolition, painting, battery recycling and radiation repair.

WHAT TO DO:

It is best to shower and change from work clothes and shoes before leaving work. Call the Occupational Lead Poisoning Prevention Program at (510) 540-3448 for more information.

COTTAGE INDUSTRIES AND HOBBIES

Some families work with lead in their home, either for profit or as a hobby. Examples include making fish sinkers or working with stained glass.

WHAT TO DO:

Don't do these kinds of activities where children may come in contact with them. Call your local CLPPP to find out how to do them safely.

CERAMICS AND DISHWARE

Handmade or imported pottery and other dishware may contain lead.

WHAT TO DO:

Dishes may be tested with lead test kits. Store, cook, and serve foods in unpainted glass or plastic containers.

FOODS

Some imported foods are sold in cans with lead soldered seams.

WHAT TO DO:

Don't buy cans with wide, dented seams. Seams may be tested with lead test kits to detect the presence of lead. (Narrow seams or seams with blue/black lines mean the seam doesn't contain lead.)

WATER

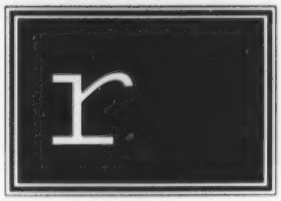
Water is not usually an important source of lead poisoning in California.

WHAT TO DO:

Use only cold water for cooking, drinking or making baby formula. Run water 1-2 minutes to flush water that has been sitting in pipes or faucets overnight.

LOCAL RESOURCES

(Fill in local numbers and post)



NAME	TELEPHONE #
Child Health and Disability Prevention Program (CHDP)	
Local Childhood Lead Poisoning Prevention Program	
Community Clinics	
CA Child Care Healthline	1 / 800 / 333-3212
Regional Poison Control Center	
Other:	

CA Child Care Health Program, 1212 Broadway, Suite 904, Oakland, CA 94612-1841 ☎ 1(800) 333-3212

WORKSHOP EVALUATION

We would like to know what you thought about this training.
Please tell us by checking the appropriate box.

TRAINING: _____ DATE: _____

		Strongly agree	Agree	Not sure	Disagree	Strongly disagree
1	I have a better understanding of childhood lead poisoning.	❑	❑	❑	❑	❑
2	I have a better understanding of **my role** in preventing childhood lead poisoning.	❑	❑	❑	❑	❑
3	I found the handouts useful.	❑	❑	❑	❑	❑
4	The instructor was well prepared.	❑	❑	❑	❑	❑
5	I benefited from the role-playing activities.	❑	❑	❑	❑	❑
6	I found the Hazard Hunt activity useful.	❑	❑	❑	❑	❑
7	I would recommend this training to other child care providers.	❑	❑	❑	❑	❑

8 What did you like best about the training?

9 What did you like the least?

What suggestions do you have for improving the training?

1 What else would you like to know about childhood lead poisoning prevention?

Comments: *(Feel free to use the other side of this page)*

CA Child Care Health Program, 1212 Broadway, Suite 904, Oakland, CA 94612-1841 ☎ 1(800) 333-3212

Certificate of Award

OF HEALTH AND SAFETY TRAINING IN

CHILD CARE
LEAD POISONING PREVENTION

THIS WILL CERTIFY THAT

_____

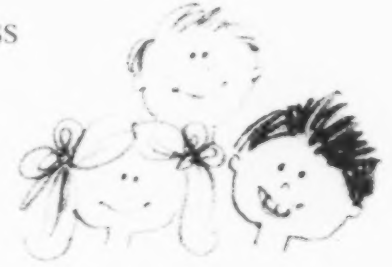
(First Last Name)

HAS SUCCESSFULLY COMPLETED A ____ HOUR CLASS
IN CHILD CARE LEAD POISONING PREVENTION

ON _____

(month/day/year)

Note: *These hours may be applied toward partial fulfillment of the Injury Prevention requirement of the AB243 mandated health and safety training.*



_____ Sponsoring Agency *(Name)*

_____ Instructor's Signature *(Print & Sign)*

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